

Parenting Education in the Peterborough Area

A Community Guide Winter/Spring 2012



Canadian Hearing Society
Peterborough Regional Office
315 Reid Street
Peterborough, ON K9J 3R2
Ph: 705-743-1573
TTY: 705-743-1621
Fax: 705-741-0708
E-mail: mshuwers@chs.ca
Web: www.chs.ca/offices/peterborough/index.html



Down Syndrome Association of Peterborough

65 Brock Street
Peterborough, Ontario K9H 2P2
Ph: 705-749-6695
Fax: 705-749-5864
E-mail: info@downsyndromepeterborough.ca
Web: www.downsyndromepeterborough.ca



Five Counties Children's Centre

872 Dutton Road
Peterborough, ON
K9H 7G1
Ph: 705-748-2221
Fax: 705-748-3526
E-Mail: info@fivecounties.on.ca
Web: www.fivecounties.on.ca



Lovesick Lake Native Women's Association

RR #1
Buckhorn, ON K0L 1J0
Ph: 705-657-9456
Fax: 705-657-2032
E-mail: llnwaapnp@xplornet.com



Peterborough Public Library

345 Aylmer Street North
Peterborough, ON K9H 3V7
Ph: 705-745-5382
Fax: 705-745-8958
Web: www.peterborough.library.on.ca
www.peterboroughhealthyfamilies.ca



Perinatal Bereavement Services of Ontario

Ph: 1-905-472-1807
E-mail: pbso@pbso.ca
Web: www.pbso.ca



Four Counties Family Mediation

349A George St N, Ste 205
Peterborough, ON K9H 3P9
Ph: 888-605-1393 or 705-760-9603
Fax: 705-748-4149
E-mail: info@familycourtmediation.com
Web: www.familycourtmediation.com



Kinark Child & Family Services

380 Armour Road, Suite 275
Peterborough, ON K9H 7L7
Ph: 705-742-3803
Fax: 705-743-4144
E-mail: bev.timlin@kinark.on.ca
Web: www.kinark.on.ca



Breastfeeding Support Drop-in

Ph: 705-740-6188
Web: www.lalecheleaguecanada.ca



Learning Disabilities Association of Peterborough

159 King Street, Unit #204,
Peterborough, ON K9J 2R8
Ph: 705-748-9455
Fax: 705-748-9455
E-mail: administration@ldaptbo.com
Web: www.ldaptbo.com



Peterborough County-City Health Unit

10 Hospital Drive
Peterborough, ON K9J 8M1
Ph: 705-743-1000
Fax: 705-743-2897
TTY: 705-743-4700
E-mail: info@pcchu.ca
Web: www.pcchu.ca



Peterborough Family Resource Centre/ Ontario Early Years Centre

Ph: 705-748-9144
Fax: 705-748-9177
E-mail: administrator@pfrc.ca
Web: www.pfrc.ca



- Antrim Family Hub
201 Antrim Street, Peterborough
 - Otonabee Valley Family Hub
Otonabee Valley Public School,
580 River Road South, Peterborough
(use main school entrance)
 - St. John Family Hub
St. John Elementary School
746 Park Street South, Peterborough
(use south side school entrance)
- Call for Lakefield & Norwood Family Hub details.

Welcome to the Workshops, Courses and Groups flyer for Winter-Spring 2012. This flyer will help you learn new skills to meet the every-day challenges that families face today. These courses are offered by many *publicly funded/not-for-profit services and agencies* in our community and are free of charge unless there is a fee mentioned. Each listing has information about times and locations, and a telephone number to call for further information.

For current updates visit our website at www.pfrc.ca

Brighter Futures Aboriginal Prenatal Nutrition Program

Courses offered include Pre-natal Classes, Baby Care, Breastfeeding, Nobody's Perfect, Making Baby Food, Developmental Milestones, Collective Kitchen, and Traditional Aboriginal Teachings.

Agency: Lovesick Lake Native Women's Association
705-657-9456

Date & Time: Various dates and time,
call for more information

Location: Buckhorn, ON



Perinatal Bereavement Services

This is a support group for parents that have lost a baby through miscarriage, abortion, stillbirth and early life death.

Call 1-905-472-1807 or e-mail pbsso@pbsso.ca for further information or for one on one telephone support.

Agency: Perinatal Bereavement Services of Ontario
1-905-472-1807

Date: Monthly, call for dates

Time: 7:30 pm

Location: 201 Antrim Street, Peterborough



Prenatal Health Fair

For information you can trust so you can make informed choices on what's best for you and your little one, plan to attend this free and informative event. Explore displays, watch demonstrations and talk with the experts on a wide variety of pre and postnatal topics. If you're a dad-to-be, you won't want to miss the Empathy Belly and Fathering displays. Discover what's available in the Peterborough area to help you on your journey to becoming a parent.

Agency: Peterborough County-City Health Unit
705-743-1000

Date: Monday, February 27, 2012

Time: 6:00-8:30 pm

Location: Holiday Inn
150 George St.N,
Peterborough



Prenatal Breastfeeding Class

Come and learn the basic how-to's of breastfeeding while you are still pregnant. Partners welcome. At this 2-hour class, we talk about:

- Why breastfeed
- How to breastfeed
- Answers to your questions and concerns

Agency: Peterborough Family Resource Centre
705-748-9144

Date: Thursdays, February 16, April 19 or June 21, 2012

Time: 6:30 pm

Location: 201 Antrim Street, Peterborough



Teen Prenatal Supper Club

Pregnant teens are encouraged to attend this series of six prenatal classes, taught by a public health nurse. You will learn about pregnancy, childbirth, and care of new babies, as well as attend a tour of the birthing suite at the hospital. You can meet with a nurse privately to discuss your own pregnancy, and ask personal questions. A support person, such as your partner, your mother, or a friend, is welcome to come with you, or you can come on your own. Supper and transportation within the city are provided for free.

Agency: Peterborough County-City Health Unit
705-743-1000

Date: Tuesdays, January 10-February 14, 2012

Tuesdays, April 3-May 8, 2012

Tuesdays, June 19-July 24, 2012

Time: 5:15-8:00 pm

Location: PFRC, 201 Antrim Street, Peterborough

Call to register.



The Parenting Partnership Program

This is a free, comprehensive prenatal and parenting program that starts during pregnancy with prenatal classes and continues after the birth of your child until the baby is 14 months of age. The prenatal series is once a week for seven weeks. We break for two months while the babies are being born and reconvene once a month for a year. It is staffed by a health care practitioner and a parent educator. We are currently looking for families who are having their babies in June or July 2012.

Agency: Peterborough Family Resource Centre

Date: Wednesdays, April 18-May 30, 2012

Time: 6:30-9:00 pm

Location: PFRC, 201 Antrim Street,
Peterborough

Please call 705-748-9144 for registration details.



Prenatal Classes

This series of five, 2-hour classes will prepare you for birth, caring for your baby, and becoming a parent. You'll gain confidence as you explore up-to-date information, practice new skills and connect with other expectant parents in a fun and interactive way. The book *Healthy Beginnings*, refreshments and parking for a hospital tour are included. Classes are led by Public Health Nurses. To reserve your place in classes that start in the 3rd trimester, please register as soon as you know you are pregnant.

Agency: Peterborough County-City Health Unit

Date: Classes are ongoing-call 705-743-1000 to register

Location: Peterborough County-City Health Unit,
10 Hospital Dr.



Breastfeeding Support Drop-in

La Leche (pronounced 'lay-chay') is spanish for "the milk". La Leche League, through informal, guided discussions, gives you the opportunity to see how breastfeeding fits into your family. La Leche League offers you support and information, based on research and experience to give your baby the best start in life. Come meet other breastfeeding mothers and babies. Partners always welcome. Get the support you need.

Agency: La Leche League 705-740-6188

Location: Peterborough Family Resource Centre
201 Antrim Street, Peterborough

Date: 2nd Thursday of each month

Time: 6:00-8:30 pm (Free Dinner)

Date: 4th Thursday of each month

Time: 10:00 am-12:30 pm (snacks welcome)



Well Baby and Breastfeeding Clinic

Do you have a child from birth to 2 years old and need information on child health and development? Would you like breastfeeding information and support? Come join us and meet one on one with a Community Health Nurse and/or Lactation Consultant.

Agency: Peterborough Family Resource Centre 705-748-9144

No appointment needed.

Date: Every Thursday

Time: 10:00-12:00 noon / 1:00-3:00 pm

Location: 201 Antrim Street, Peterborough



The Gentle Art of Infant Massage

This course, developed by the International Association of Infant Massage® will give you the tools and information you need to communicate with your baby through loving touch. Please bring a waterproof mat or pad, a soft blanket or towel, and your baby! Oil and handouts will be provided. This program is designed for infants aged 1 to 8 months old.

Four Session

Date: Thursdays, Apr 5 to 26, 2012

Time: 2 sessions: 9:30-10:30 am or 11:00-noon

Location: 201 Antrim Street, Peterborough.

Six Session

Date: Tuesdays, Jan 31, Feb 7, 14, 28,

Mar 6, 13, 2012

Time: 10:00-11:00 am

Location: Lakefield, location to be determined.



Bouncin' Babies

Bouncin' Babies is for children 6 to 23 months old and their caregivers. Treat yourself and your baby to a special one-on-one time of bonding. Have fun sharing lap games, songs and rhymes that will stimulate your baby's intellectual development. Registration is required and space is limited.

Winter registration begins: Wednesday, January 4.

Spring registration begins: Wednesday, April 4.

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Wednesdays, January 18 to February 29, 2012 (winter session)

Date: Wednesdays, April 18 to May 30, 2012 (spring session)

Time: 10:45-11:15 am (class one) and 2:00-2:30 pm (class two)

Location: Storycorner, Peterborough Public Library, 345 Aylmer St. N.



Parent-Child Mother Goose

This is a group experience for parents and their babies up to 1 year of age, that focuses on the pleasure and power of using rhymes, songs and stories. Parents gain confidence as they help their babies learn language and communication skills in this interactive program.

Call to register.

Agency: Peterborough Family Resource Centre
705-748-9144

Date: Thursdays, Jan 12 – Feb 23 or

Thursdays, May 10 – June 21

Time: 10:00-11:00 am

Location: 201 Antrim Street, Peterborough

Date: Thursdays, Feb 2, - Mar 15

Time: 10:00-11:00 am

Location: Lakefield, call for details.



You & Your Baby

This six week course is for parents of babies ages 1 to 8 months. This group includes a period of information-giving and a time for sharing concerns about the experience of caring for babies. Participants attend with their babies. **Call to register.**

Agency: Peterborough Family Resource Centre
705-748-9144

Date: Mondays, April 16—May 28, 2012

*No class May 21, 2012

Time: 10:00-11:30 am

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Thursdays, Feb. 2-Mar. 8, 2012

Time: 9:30-11:00 am

Location: Norwood, call for details.



Songs and Signs for Babies and Toddlers

A three week interactive course for parents to attend with their children ages 6-24 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing and tips for success will be discussed. **Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Mondays, March 19 to April 2, 2012

Time: 10:00-11:30 am

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Date: Thursdays, April 12-26, 2012

Time: 10:00-11:30 am

Location: Norwood

Date: Fridays, May 4 to 18, 2012

Time: 10:00-11:30 am

Location: St. John Family Hub, 746 Park Street S, Peterborough



Bedtime for Toddlers and Preschoolers

Young children need a good night's sleep so they can have enough energy for the next day's activities. In this session we will discuss how to help our children develop healthy, independent sleep patterns.

Call to register.

Agency: Peterborough Family Resource Centre

705-748-9144

Date: Tuesday, February 7, 2012

Time: 6:30-8:30 pm

Location: Norwood, location to be determined.



Toddlers and Tantrums

Have you ever seen your toddler: crying, screaming, stamping their feet or rolling on the floor? This can be embarrassing for parents especially if it happens in public. In this one-evening session parents of children 1-3 years will have an opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

Call to register.

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Wednesday, June 6, 2012

Time: 6:30-8:30 pm

Location: Norwood

Date: Monday, April 30, 2012

Time: 6:30-8:30 pm

Location: Lakefield, location to be determined.



It's Potty Time: Toilet Training Your Child

Is your child ready to use the bathroom? How can you make this a positive experience? What signs should you be looking for?

Call to register.

Agency: Peterborough Family Resource Centre

705-748-9144

Date: Wednesday, January 18, 2012

Time: 6:30-8:30 pm

Location: St. John Family Hub, 746 Park Street S
Peterborough

Date: Monday, April 16, 2012

Time: 6:30-8:30 pm

Location: Lakefield, location to be determined.



Toddler Time

Toddler Time is designed to meet the developmental needs of two year olds. Adults and toddlers share stories, songs, rhymes and other activities. Registration is required and space is limited.

Winter registration begins: Friday, January 6.

Spring registration begins: Friday, April 6.

Agency: Peterborough Public Library 745-5382 x 2381

Dates: **Fridays, January 20 to March 2, 2012 (winter session)**

Dates: **Fridays, April 20 to June 1, 2012 (spring session)**

Time: 10:45-11:15 am

Location: Storycorner, Peterborough Public Library,
345 Aylmer St. N.



Fighting & Aggression: Help your child get along with others (Preschoolers / 3-5 years old)

Children need to learn ways to solve problems and get along with others. In this session, we'll discuss some strategies to help your child play cooperatively and ideas to use when children become aggressive.

Call to register.

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Monday, February 13, 2012

Time: 6:30-8:30 pm

Location: St. John Family Hub, 746 Park Street S.
Peterborough



Nobody's Perfect: A Group for Parents of Children up to 5 Years

There are no perfect parents or children. In a Nobody's Perfect group, parents share ideas, tips, and experiences. Nobody's Perfect groups are offered free of charge and last for 6-8 weeks. Parent books, snacks, transportation, and child care are provided.

Agency: Peterborough County-City Health Unit 705-743-1000

Please call the Health Unit at 705-743-1000 for information on dates, times, and locations.



Library After School Club

Drop-in to the Library on Wednesdays after school for some stories, laughs and crafts!

This program is for 5 to 12 year olds. No registration required.

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: **Wednesdays, January 18 to February 29, 2012**
(winter session)

Date: **Wednesdays, April 18 to May 30, 2012** (spring session)

Time: 4:00 pm

Location: Storycorner, Peterborough Public Library, 345 Aylmer St. N.

Drop-In Story-time for 3 to 5 Year Olds

This 30 minute program is jam-packed with stories, songs, rhymes, finger-plays and giggles!!

It is designed to help your child's imagination and attention span grow.

No registration required.

Agency: Peterborough Public Library 705-745-5382 x2381

Date: **Tuesdays, January 10 to March 13** (winter session)

Date: **Tuesdays, March 20 to June 5, 2012** (spring session)

Time: 10:45-11:15 am

Location: Storycorner, Peterborough Public Library, 345 Aylmer St. N.

Parent Child Book Club

Parents and kids ages 9 to 12 years are invited to join us one Saturday afternoon every month to discuss a book together. To register and get a free copy of each book, please contact the Children's Information Desk at 705-745-5382 ext. 2381

Agency: Peterborough Public Library 705-745-5382 x2381

Date: **First Saturday of every month**

Time: 3:00 pm

Location: Storycorner, Peterborough Public Library, 345 Aylmer St. N.

Special Story and Craft Programs

Come out to the Library for some special themed stories, jokes, activities and crafts!

These programs are for 5 to 10 year olds. Registration is required.

Agency: Peterborough Public Library 705-745-5382 x2381

Valentine's Program: Thursday, February 9 at 6:30 p.m.

Easter Program: Thursday, April 5 at 6:30 p.m.

Mother's Day Program: Thursday, May 10 at 6:30 p.m.

Father's Day Program: Thursday, June 14 at 5:30 p.m.

Location: Storycorner, Peterborough Public Library, 345 Aylmer St. N.

Special Snofest Pajama Storytime

Join us for a special family storytime as part of Peterborough's annual Snofest Winter Carnival.

All are welcome and no registration is required.

Agency: Peterborough Public Library 705-745-5382 x2381

Date: **Thursday, January 19, 2012.**

Time: 6:30 p.m.

Location: Storycorner, Peterborough Public Library,
345 Aylmer St. N.

**WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF SCHOOL-AGE CHILDREN****Group TRIPLE P- Positive Parenting Program – for parents with School Age children 6-12 yrs**

Triple P helps parents deal more positively with problems and helps build strong relationships in families. It gives parents practical suggestions and a plan of action to help them manage their child's behaviour in constructive and caring ways.

For more information contact: Bev Hafeli-Timlin 742-3803 ex312

Agency: Kinark Child and Family Services

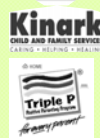
Location: Prince of Wales Public School,
1211 Monaghan Road

Date: Beginning Tuesday, January 17, 2012

Time: 6:30-8:30 pm (Child care available)

To be assessed for groups, please contact:

Central Intake 1-888-454-6275

**Fear Busters! Program- Anxiety Management Group for Kids and Parents**

The Fear Busters! Program is a 12 week program for children, aged 6-12 years old, who are experiencing anxiety to the point that it is interfering with their daily lives and routines. In a small group, both children and their parents are introduced to structured strategies to help develop their child's ability to cope with their worries and fears, both presently and in the future.

An initial consultation and a group screening session with a social worker is necessary prior to group start up, to ensure this is the appropriate service.

Parents can refer their child by calling Kinark's Central Intake Number at 1-888-454-6275. A brief telephone interview will follow.

For more information contact: Bev Hafeli-Timlin 705-742-3803 ex312

Agency: Kinark Child and Family Services

Date: Group is scheduled to begin
in January 2012.



Group Triple P TEEN- Positive Parenting Program-For parents with Teens ages 12-16 yrs

Agency: Kinark Child and Family Services
 Date: Beginning Thursday, January 19, 2012
 Time: 6:30-8:30 pm
 Location: Kinark office, 380 Armour Road, Peterborough
 For more information contact: Bev Hafeli-Timlin 705-742-3803 ext 312
 "Small Changes Make Big Differences!"

Triple P Teen Group is an 9 week parent education program that helps parents: create a more stable, supportive family environment, deal positively, consistently and decisively with problem behaviour, and build positive relationships with their teen so that conflict can be resolved.

To be assessed for groups, please contact:
 Central Intake 1-888-454-6275



WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF ALL AGES

Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children 0-12 yrs. are invited to attend one or all of these seminars. **Call to register. 705-748-9144**

#1. The Power of Positive Parenting:

Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive and predictable.

#2. Raising Confident, Competent Children:

Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem and being a good problem solver.

#3. Raising Resilient Children:

All children experience periods of stress in their lives. Ideas on how to help children have the emotional skills to manage stressful life events.

Agency: Peterborough Family Resource Centre 705-748-9144

Registration is required for all sessions.

Date: #1: Tues. Mar 6 #2: Tues. Mar 20 #3: Tues. Apr 3, 2012

Location: St. John Family Hub, 746 Park Street South, Peterborough

Time: Time for all sessions is 6:30-8:30 pm

Date: #1: Wed., Jan 25 #2: Wed. Feb. 8 #3: Wed. Feb 22, 2012

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Time: Time for all sessions is 6:30-8:30 pm



Every Parent's Survival Guide

This workshop introduces Triple P Positive Parenting Programs. This session will cover topics such as: recognizing causes of children's behaviour problems, setting rules and giving instruction, using discipline strategies that work as well as taking care of yourself as a parent.

Call to register.

Agency: Peterborough Family Resource Centre 705- 748-9144

Date: Wednesday, March 21 & 28, 2012

Time: 6:30-8:30 pm

Location: 201 Antrim Street, Peterborough



Triple P- Parenting Plan

This is a one to one session with an accredited Triple P practitioner. You can discuss concerns about your child's behaviour and develop some parenting strategies.

Call for an appointment.

Agency: Peterborough Family Resource Centre
 705- 748-9144 ex 351

Date: Tuesday afternoons

Location: St. John Family Hub,
 746 Park Street South,
 Peterborough



INFORMATION SERVICES

Peterborough Healthy Families Centre www.peterboroughhealthyfamilies.ca 1-800-386-6561

The Healthy Families Centre is located in the Children's Department of the Peterborough Public Library.

The initiative includes the following resources:

- **The Healthy Families Collection** is a collection of books, books-on-tape, videos and internet access with links.
- **Prescription Pad Lists** are resources on many topics that will help you find materials on some of the most asked about subjects.

For more information call: Peterborough Public Library 705- 745-5382 ext. 2381 or Kinark Child and Family Services 705-742-3803

Healthy Families Workshops

These workshops are offered 4-6 times /year

Workshops are free!

No registration is required.

Free/ Everyone is welcome to attend.



For more information:

705-742-3803/1-800-386-6561

All workshops: Peterborough Public Library Auditorium, 345 Aylmer St. N.

Winter/Spring workshops to be announced.

Esso Family Math

A six-week program for families who would like their children to experience success in math. The family math sessions promote parents and children working and playing together to develop positive attitudes towards mathematics. Family math gives parents more confidence to better help their children enjoy and understand math. For families with children in Junior or Senior Kindergarten.

Agency: Peterborough Family Resource Centre
705-748-9144



Date: Tuesdays April 3—May 8, 2012

Time: 5:00-7:00 pm

Location: Ridpath Elementary School, Lakefield

Getting Ready for K

These sessions will be fun and interactive for parents and their children entering Junior Kindergarten in Fall 2012. The 3 parent/child sessions will include early math, language, literacy activities and more. It is a fun, activity-based program. The 4th session is for parents only, and will give parents more information and tips to help their child prepare for school. Sign up for the parent/child sessions, the parents-only information night or both!

Agency: Peterborough Family Resource Centre 748-9144

Date: May/June, 2012

Time: To be determined.

Location: Havelock, location to be determined.



Date: Parent/Child sessions—Tues. April 24, May 1, 8, 2012

Parents-only session—Tues May 15, 2012

Time: 6:00-7:15 pm

Location: St. John Family Hub, 746 Park Street South, Peterborough

*Priority will be given to children who will attend the host school.

Computers for Learning Development (CFLD)

A year-round one-to-one tutoring program that aims to address the individual needs of students in Kindergarten to Grade 10 struggling with reading, writing, and math difficulties. The CFLD program focuses on literacy, numeracy, Assistive Technology training, building study skills and reinforcing learning strategies, and helps to increase success and independence through effective decision-making, problem-solving and self-advocacy skill building.

Date: Year round

Time: After school and summer programming

Contact: The Learning Disabilities Association of Peterborough

705 748-9455 www.ldaptbo.com



Stay in School High School Program

A program for high school students in danger of leaving school before completing academic credits. The program supports students who are currently attending high school and are struggling with course completion or credit achievement. The focus is on literacy, assistive technology training, study skills development and increasing social skills and self-advocacy.

Date: School year programming

Contact: The Learning Disabilities Association of Peterborough

705 748-9455 www.ldaptbo.com



PALS - Family Literacy Program

A six-session family literacy program for parents and their JK and SK children. This fun, activity-based program helps parents help their children with language and literacy development. Each session includes a light meal, and/or snacks, and a take-home bag with activities and supplies.

Agency: Peterborough Family Resource Centre
705-748-9144

Date: Mondays, January 23-March 5, 2012

Time: 5:00-7:00 pm

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Date: Wednesdays, March 21-April 25, 2012

Time: 5:30-7:30 pm

Location: St. Paul's School, Norwood

Date: Wednesdays, Feb. 15-Mar 28, 2012

Time: 5:00-7:00 pm

Location: Keith Wightman Public School, 860 St. Mary's St, Ptbo

*Priority will be given to children who attend the host school.



Power to Achieve: A Program for Parents and Caregivers



A 4-week program whose goals are to facilitate awareness and understanding of:

- what LDs and ADHD are, how they manifest themselves and how to work with the school/teacher
- what an Individual Educational Plan (IEP) is and what is the assessment process
- advocating for your child in the school system and teaching your child to be their own advocate
- your and your child's rights and responsibilities
- parenting skills and techniques that can increase your child's self-esteem and strengthen social skills
- skills for academic success plus a toolkit of materials and resources is provided

Date and Time: Contact the LDAP for next scheduled program

Contact: The Learning Disabilities Association of Peterborough

705 748-9455 www.ldaptbo.com

SoAR: Some Assembly Required

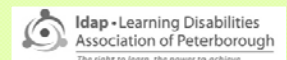
"Preparation for the changes and choices to be made in high school." SOAR is a program for students in grades 7, 8 and 9, which encourages self-awareness, how to express ideas and follow directions, and becoming a self-advocate in the learning process and decision-making. SOAR provides each student instruction and an opportunity for discussion with peers. Each student will receive the SOAR: Some Assembly Required workbook series to enhance and reinforce learning.

Date: Winter, spring and summer programs

Time: After school or summer camp

Contact: The Learning Disabilities Association of Peterborough

705 748-9455 www.ldaptbo.com



Family Law Information Centre

Visit the Family Law Information Centre (FLIC) to get free information to help you with your separation, divorce, or child custody and access agreements. FLICS are located in each of the family courts in Peterborough, Lindsay and Cobourg. For more information visit our website at www.familycourtmediation.com

Agency: Four Counties Family Mediation

Location: Superior Court of Justice, 470 Water Street, Ptbo.

Please visit or call 705-876-6915



Free Seminars for Separating Couples

Free seminars are offered several times a month at the Family courts in Peterborough, Lindsay and Cobourg. Learn about the legal and court process, how mediation can help reduce conflict, and other ways to reach agreements. These seminars are mandatory for couples involved in a court process. Certificates of attendance are provided to all participants.

Agency: Four Counties Family Mediation 705-760-9603

Pre-registration is required.

Please call for seminar dates and times and to register.



SUPPORT GROUPS & PLAYGROUPS

Canadian Hearing Society Services

The Canadian Hearing Society offers counselling for parents of children with a hearing loss, parents with a hearing loss of children who have normal hearing, children with a hearing loss, and siblings of children with a hearing loss as well as advocacy, outreach, consultation, sensitivity training, and informational in-services for school boards or other agencies that deal with children.

Agency: The Canadian Hearing Society
705-743-1573 ext 44, mshuwera@chs.ca

Please contact Maria Shuwera for more information.



Fetal Alcohol Spectrum Disorder Caregiver Support Group

Agency: Five Counties Children's Centre

Call Sheryl Over at 705-748-2337 ex359 for more information.

Date: Ongoing-1st Wednesday of each month

Time: 6:00-8:00 pm

Location: Five Counties Children's Centre, Peterborough



Down Syndrome: Sharing & Play Group for Parents & Preschoolers

This sharing and play group gives parents of children with Down Syndrome and their siblings, a chance to meet other parents, meet children of similar ages to their own, discuss issues related to their child's development, and share photos and stories.

Agency: Down Syndrome Association of Peterborough 705-749-6695

Date: Ongoing-second Tuesday of each month

Time: 10:00 am-12:00 noon

Location: Down Syndrome office at 65 Brock St,
Peterborough



Playgroup for Parents of Multiples

A support/play group for expectant parents, and parents of twins/triplets, etc. up to 3½ years of age. Get together with other parents and children for fun, sharing, and support.

Agency: Peterborough County-City Health Unit 705-743-1000

Date: Ongoing—2nd Thursday of each month

Time: 1:00-4:30 pm

Please contact for more information.



Courses in this flyer are offered by a variety of agencies and services across our community.

**If you have any questions about one of these courses or groups,
please call the number listed for the agency.**

**Inclusion of a group or program in this flyer does not imply endorsement by the Peterborough
Parent Education Guide Committee or the Peterborough Family Resource Centre.**

**Every effort is made to ensure the accuracy of information in this flyer,
however we cannot be responsible for errors or omissions.**